



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01260, Cheese, cheddar, reduced fat

Report Date: July 16, 2017 18:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	44.29	5	0.195	43.7	45.5	2.0	43.451	45.127	1	Analytical or derived from analytical	--	05/2013
Energy	kcal	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kJ	1294	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Protein ¹	g	27.35	5	0.166	26	27.9	2.0	26.634	28.067	1	Analytical or derived from analytical	--	05/2013
Total lipid (fat) ¹	g	20.41	5	0.207	19	20.7	2.0	19.519	21.304	1	Analytical or derived from analytical	--	05/2013
Ash ¹	g	3.89	5	0.053	3.74	4.16	2.0	3.66	4.112	1	Analytical or derived from analytical	--	05/2013
Carbohydrate, by difference	g	4.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Sugars, total ¹	g	0.26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Sucrose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Fructose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Lactose ¹	g	0.18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Maltose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Galactose ¹	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Minerals													
Calcium, Ca ¹	mg	761	5	12.472	709	823	2.0	707.383	814.705	1	Analytical or derived from analytical	--	05/2013
Iron, Fe ¹	mg	0.12	5	0.011	0.07	0.17	2.0	0.068	0.164	1	Analytical or derived from analytical	--	05/2013
Magnesium, Mg ¹	mg	27	5	0.773	25	31	2.0	23.826	30.482	1	Analytical or derived from analytical	--	05/2013
Phosphorus, P ¹	mg	520	5	5.170	491	545	2.0	497.483	541.97	1	Analytical or derived from analytical	--	05/2013
Potassium, K ¹	mg	63	5	3.709	54	82	2.0	46.856	78.771	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1	mg	628	5	4.284	591	643	2.0	609.463	646.327	1	Analytical or derived from analytical	--	05/2013
Zinc, Zn 1	mg	4.44	5	0.091	3.9	4.65	2.0	4.049	4.831	1	Analytical or derived from analytical	--	05/2013
Copper, Cu 1	mg	0.043	5	0.002	0.03	0.05	2.0	0.033	0.052	1	Analytical or derived from analytical	--	05/2013
Manganese, Mn 1	mg	0.031	5	0.001	0.02	0.03	2.0	0.027	0.036	1	Analytical or derived from analytical	--	05/2013
Selenium, Se 1	µg	35.8	4	1.133	30.5	38.3	1.0	21.366	50.158	1	Analytical or derived from analytical	--	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Calculated or imputed	01182	05/2013
Thiamin 1	mg	0.021	4	0.000	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	05/2013
Riboflavin 1	mg	0.397	4	0.002	0.35	0.47	1.0	0.371	0.424	1	Analytical or derived from analytical	--	05/2013
Niacin 1	mg	0.145	4	0.000	0.07	0.24	--	--	--	1	Analytical or derived from analytical	--	05/2013
Pantothenic acid 1	mg	0.389	2	--	0.34	0.45	--	--	--	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.084	4	0.002	0.07	0.09	1.0	0.063	0.105	1	Analytical or derived from analytical	--	05/2013
Folate, total	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Folate, food	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Folate, DFE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Vitamin B-12 ¹	µg	1.41	4	0.000	1.2	1.8	--	--	--	1	Analytical or derived from analytical	--	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Vitamin A, RAE	µg	145	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Retinol	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Carotene, beta ¹	µg	28	2	--	26	29	--	--	--	1	Analytical or derived from analytical	--	05/2013
Carotene, alpha ¹	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Cryptoxanthin, beta ¹	µg	1	2	--	0	2	--	--	--	1	Analytical or derived from analytical	--	05/2013
Vitamin A, IU	IU	522	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene ¹	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Lutein + zeaxanthin ¹	µg	4	2	--	4	4	--	--	--	1	Analytical or derived from analytical	--	05/2013
Vitamin E (alpha-tocopherol) ¹	mg	0.48	4	0.030	0.42	0.62	1.0	0.108	0.86	1	Analytical or derived from analytical	--	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Tocopherol, beta ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Tocopherol, gamma ¹	mg	0.08	4	0.001	0.04	0.09	1.0	0.067	0.093	1	Analytical or derived from analytical	--	05/2013
Tocopherol, delta ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Vitamin D	IU	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin K (phylloquinone)	µg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Lipids													
Fatty acids, total saturated	g	12.602	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
4:0 ¹	g	0.439	4	0.005	0.4	0.47	1.0	0.371	0.507	1	Analytical or derived from analytical	--	05/2013

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6:0 1	g	0.361	4	0.003	0.33	0.38	1.0	0.322	0.401	1	Analytical or derived from analytical	--	05/2013
8:0 1	g	0.228	4	0.002	0.21	0.24	1.0	0.207	0.249	1	Analytical or derived from analytical	--	05/2013
10:0 1	g	0.563	4	0.002	0.52	0.6	1.0	0.532	0.594	1	Analytical or derived from analytical	--	05/2013
12:0 1	g	0.641	4	0.004	0.57	0.69	1.0	0.591	0.69	1	Analytical or derived from analytical	--	05/2013
14:0 1	g	2.050	4	0.019	1.85	2.17	1.0	1.814	2.286	1	Analytical or derived from analytical	--	05/2013
15:0 1	g	0.227	4	0.002	0.19	0.25	1.0	0.2	0.253	1	Analytical or derived from analytical	--	05/2013
16:0 1	g	5.759	4	0.055	5.2	6.08	1.0	5.063	6.455	1	Analytical or derived from analytical	--	05/2013
17:0 1	g	0.128	4	0.001	0.11	0.14	1.0	0.114	0.141	1	Analytical or derived from analytical	--	05/2013
18:0 1	g	2.159	4	0.001	2.04	2.32	1.0	2.151	2.167	1	Analytical or derived from analytical	--	05/2013
20:0 1	g	0.031	4	0.000	0.03	0.03	1.0	0.026	0.036	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 ¹	g	0.009	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2013
24:0 ¹	g	0.007	4	0.000	0.01	0.01	1.0	0.004	0.009	1	Analytical or derived from analytical	--	05/2013
Fatty acids, total monounsaturated	g	5.304	--	--	--	--	--	--	--	1	Calculated or imputed	--	05/2013
14:1 ¹	g	0.201	4	0.003	0.17	0.22	1.0	0.167	0.235	1	Analytical or derived from analytical	--	05/2013
15:1 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
16:1 undifferentiated ¹	g	0.327	4	0.005	0.28	0.35	1.0	0.267	0.388	1	Analytical or derived from analytical	--	05/2013
16:1 c ¹	g	0.260	4	0.004	0.22	0.28	1.0	0.207	0.312	1	Analytical or derived from analytical	--	05/2013
16:1 t ¹	g	0.068	4	0.001	0.06	0.07	1.0	0.059	0.076	1	Analytical or derived from analytical	--	05/2013
17:1 ¹	g	0.038	4	0.000	0.03	0.04	1.0	0.035	0.04	1	Analytical or derived from analytical	--	05/2013
18:1 undifferentiated ¹	g	4.689	4	0.028	4.64	4.82	1.0	4.328	5.05	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c ¹	g	4.175	4	0.025	4.13	4.25	1.0	3.861	4.489	1	Analytical or derived from analytical	--	05/2013
18:1 t ¹	g	0.514	4	0.004	0.48	0.57	1.0	0.467	0.561	1	Analytical or derived from analytical	--	05/2013
20:1 ¹	g	0.040	4	0.001	0.04	0.04	1.0	0.027	0.054	1	Analytical or derived from analytical	--	05/2013
22:1 undifferentiated ¹	g	0.002	4	0.001	0	0.01	1.0	-0.008	0.013	1	Analytical or derived from analytical	--	05/2013
22:1 c ¹	g	0.002	4	0.001	0	0.01	1.0	-0.008	0.013	1	Analytical or derived from analytical	--	05/2013
22:1 t ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
24:1 c ¹	g	0.007	4	0.000	0.01	0.01	1.0	0.004	0.009	1	Analytical or derived from analytical	--	05/2013
Fatty acids, total polyunsaturated	g	0.893	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:2 undifferentiated ¹	g	0.743	4	0.006	0.7	0.81	1.0	0.673	0.813	1	Analytical or derived from analytical	--	05/2013
18:2 n-6 c,c ¹	g	0.495	4	0.004	0.45	0.54	1.0	0.44	0.549	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs ¹	g	0.099	4	0.001	0.09	0.11	1.0	0.089	0.11	1	Analytical or derived from analytical	--	05/2013
18:2 t not further defined ¹	g	0.149	4	0.000	0.14	0.16	1.0	0.144	0.154	1	Analytical or derived from analytical	--	05/2013
18:3 undifferentiated ¹	g	0.064	4	0.002	0.06	0.07	1.0	0.043	0.086	1	Analytical or derived from analytical	--	05/2013
18:3 n-3 c,c,c (ALA) ¹	g	0.061	4	0.001	0.06	0.07	1.0	0.045	0.077	1	Analytical or derived from analytical	--	05/2013
18:3 n-6 c,c,c ¹	g	0.000	4	0.000	0	0	1.0	-0.005	0.006	1	Analytical or derived from analytical	--	05/2013
18:3i ¹	g	0.003	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
18:4 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
20:2 n-6 c,c ¹	g	0.003	4	0.001	0	0.01	1.0	-0.009	0.016	1	Analytical or derived from analytical	--	05/2013
20:3 undifferentiated ¹	g	0.025	4	0.000	0.02	0.03	1.0	0.022	0.027	1	Analytical or derived from analytical	--	05/2013
20:3 n-6 ¹	g	0.025	4	0.000	0.02	0.03	1.0	0.022	0.027	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.035	4	0.000	0.03	0.04	1.0	0.032	0.038	1	Analytical or derived from analytical	--	05/2013
20:5 n-3 (EPA) ¹	g	0.006	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2013
22:4 ¹	g	0.006	4	0.000	0.01	0.01	1.0	0.001	0.011	1	Analytical or derived from analytical	--	05/2013
22:5 n-3 (DPA) ¹	g	0.010	4	0.000	0.01	0.01	1.0	0.005	0.015	1	Analytical or derived from analytical	--	05/2013
22:6 n-3 (DHA) ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Fatty acids, total trans	g	0.733	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans-monoenoic	g	0.581	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cholesterol ¹	mg	76	4	0.041	71	81	1.0	75.687	76.735	1	Analytical or derived from analytical	--	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01182	05/2013

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17b, 2012 Beltsville MD